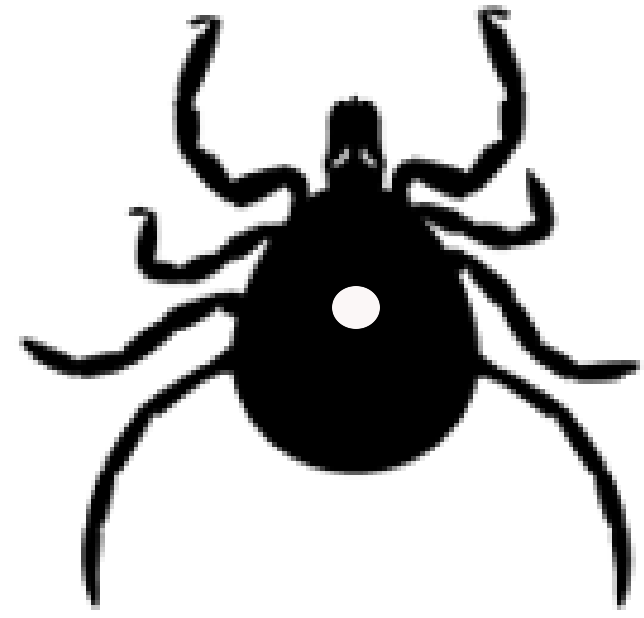


# Ehrlichiosis

## Fact Sheet



Ehrlichiosis is an illness caused by bacteria. It is most commonly spread by the bite of an infected *Amblyomma americanum* tick (also called the lone star tick).

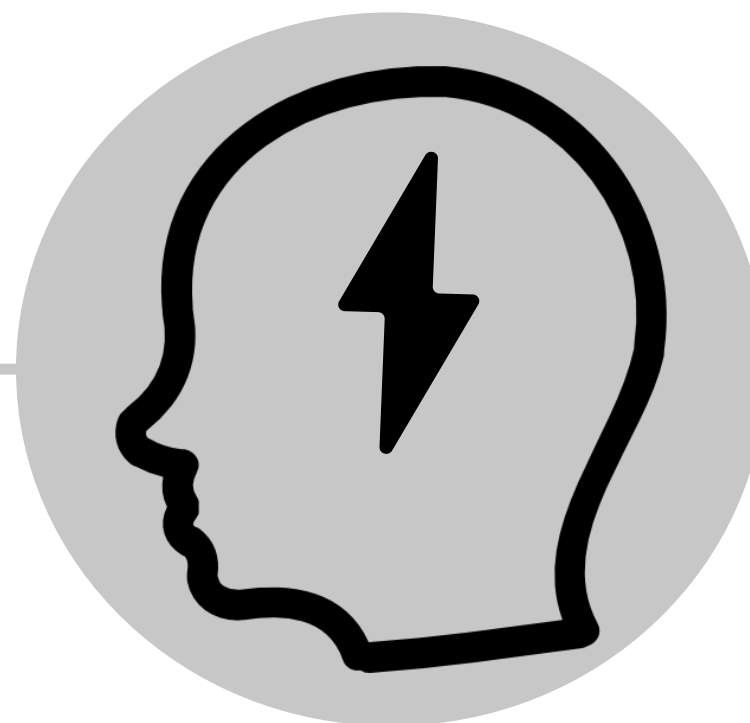


People who spend time outdoors are at the highest risk. Lone star ticks and ehrlichiosis are rare in Maine.

## Signs and Symptoms



Fever and Chills



Headache



Feeling Very Tired



Muscle Pain



Nausea and Vomiting



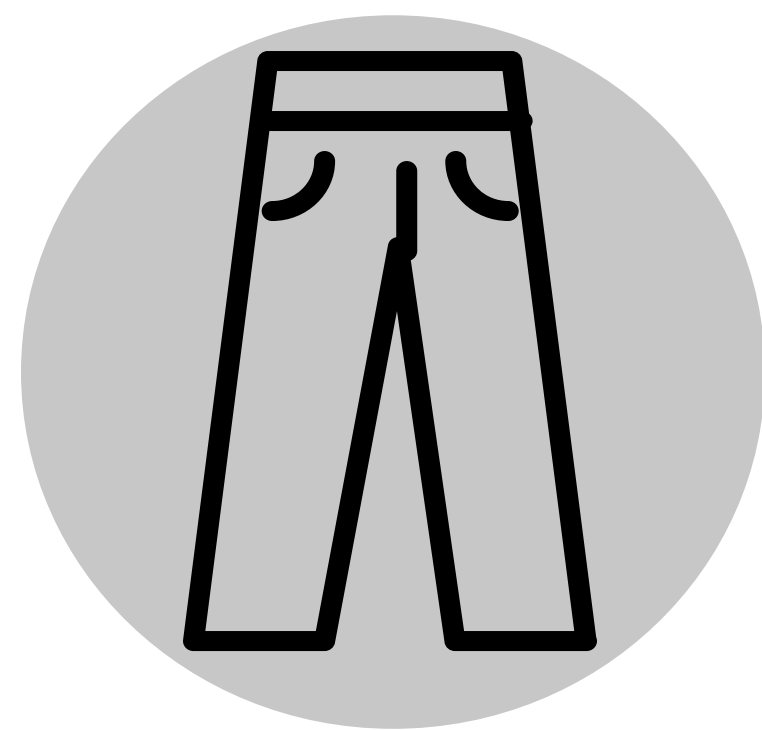
Diarrhea

Signs and symptoms range from mild to severe and can also include confusion and rash. More severe signs include difficulty breathing and bleeding disorders. Very few people experience **ALL** of these symptoms. Ehrlichiosis can lead to death.



Talk to your doctor if you have any of these signs or symptoms after being bit by a tick. Ehrlichiosis is diagnosed based on signs and symptoms and confirmed through blood tests. It is treated with antibiotics.

# Preventing Tick Bites



Wear light colored, long-sleeved clothing. Tuck your pants into your socks.



Use an EPA approved bug spray.



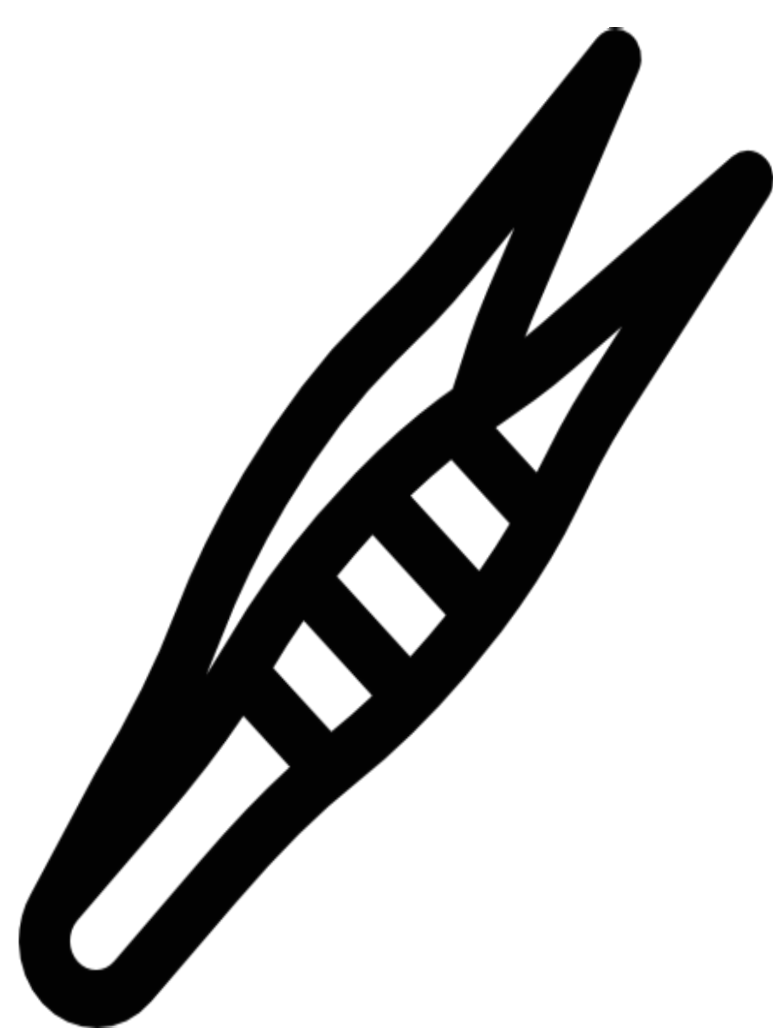
Rake your leaves and keep your lawn mowed.



Do daily tick checks and check your pets too.

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## Safe Tick Removal



Use a tick spoon or fine-tipped tweezers to remove a tick.

-Using tweezers, grab the tick by its mouth and use firm, steady pressure to pull the tick out. Do not use twisting motions.

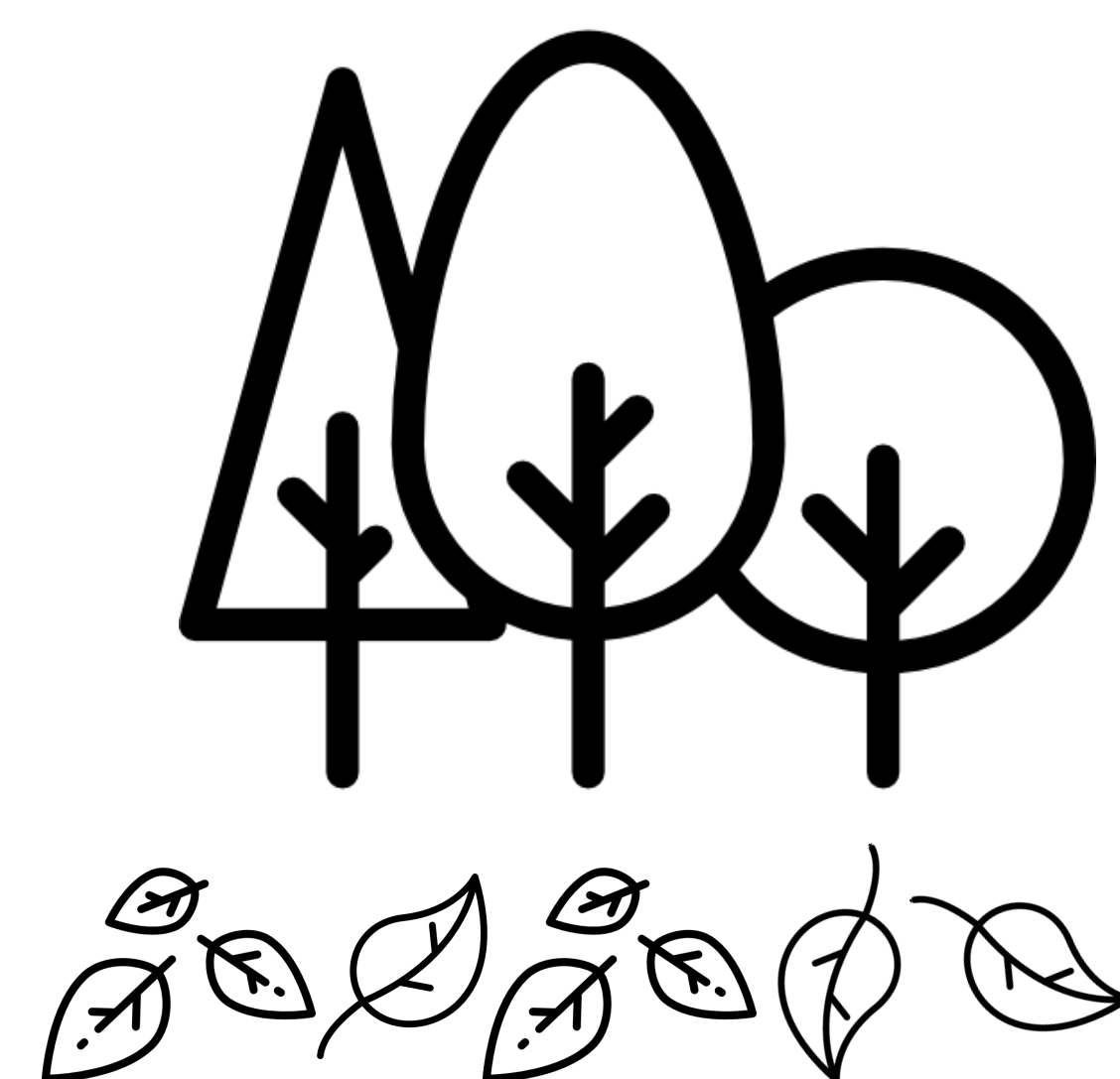
-Using a tick spoon, line the notch of the spoon up with the head of the tick and gently scoop.

Do not use nail polish, matches, or petroleum jelly to remove the tick. These methods increase the risk of localized skin infection.

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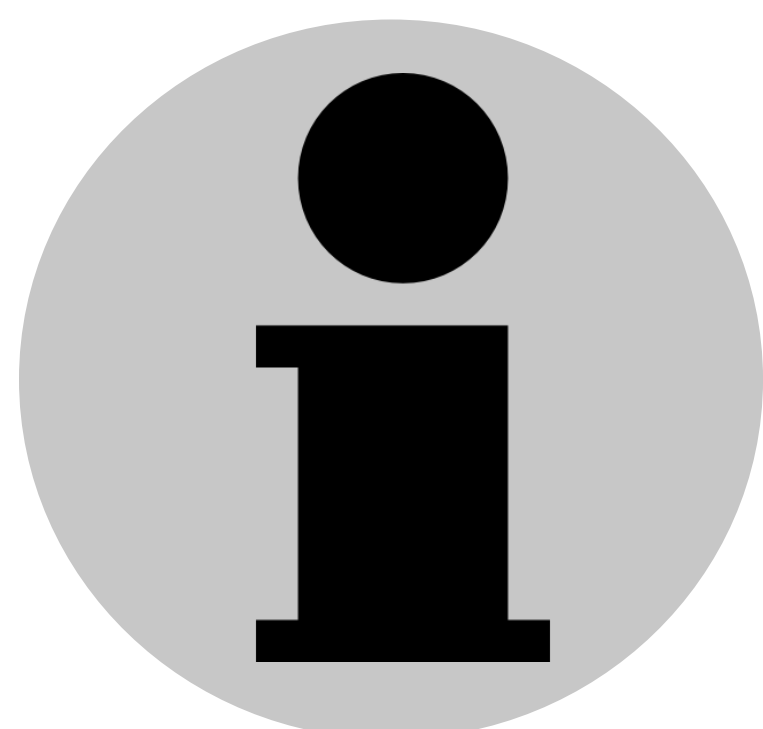
## Where are Lone Star Ticks Found?

- Lone star ticks, which can carry the bacteria that cause ehrlichiosis, are not common in Maine.
- Lone star ticks are most commonly found in the southeastern United States.
- Areas where lone star ticks live include dry forested areas with shrub undergrowth and along rivers and streams near animal resting sites.
- Ticks are active at any temperature above freezing.



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## For More Information



1. [www.maine.gov/dhhs/ehrlichiosis](http://www.maine.gov/dhhs/ehrlichiosis)
2. [www.maine.gov/dhhs/tickfaq](http://www.maine.gov/dhhs/tickfaq) (For frequently asked tick questions)
3. [www.cdc.gov/ehrlichiosis](http://www.cdc.gov/ehrlichiosis)
4. [www.extension.umaine.edu/ipm/tickid/](http://www.extension.umaine.edu/ipm/tickid/) (To submit a tick for identification)
5. [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you) (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.